

# The Signature

## Sigonella, Sicily

Vol. 20 No. 22

June 6, 2003

### Small Sigonella masters swim team scores big

The newly formed Sigonella Masters Swim Team competed in their first swim meet recently. Heather Kubic from MWR and Cmdr. Mike Blount from Public Works represented the swim team at the 2nd Trofeo Master S. Lucia delle Quaglie in Siracusa recently. With only two swimmers, the Sigonella Masters team took 19th place of 27 teams; and walked away with two first place and two second place individual finishes.

Attendance at the meet wouldn't have been possible without the help of Luciano Matarazzo, a Public Works employee of NAS Sigonella. Members of the swim team had tried countless times to make contact with anyone who had information about masters swimming in Italy, but were unsuccessful. In stepped Luciano, and with a bold "give me one phone number, and I'll find you a swim meet," he went to work. Within a week, Luciano had worked all of Sicily and found the director of Sicily masters swimming. A week later, the team had

Swim page 6

### Springtime menaces

By Lt. Carl W. Doud  
NEPMU-7

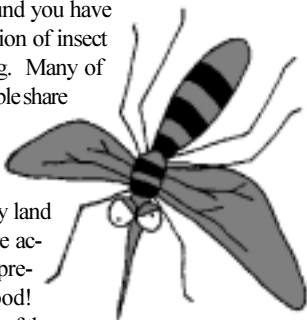
Unless you live underground you have no doubt noticed the proliferation of insect life that has sprung with spring. Many of us have had more than our desirable share of first-hand encounters with these six-legged creatures! Although some of the bugs are just abundant and might simply land on you to take a rest, others are actively seeking you out for a precious commodity — your blood! This article will highlight some of the more profuse and troublesome of these critters and offer some practical steps to reduce or eliminate intimate run-ins with them.

Every spring sees the emergence of an abundant plant bug known as aphids. These insects are small (3 to 5 mm long) and harmless to all except plants. You may find that if you wear yellow you will be particularly attractive to these little guys as the light given off by yellow mimics closely that given off by plants. They do not bite but are simply searching for a suitable plant/tree to infest for the season.

Thrips are tiny (1.5 to 3 mm long) plant-feeding insects that from time to time can provide us an unwelcome visit. In the spring and summer you may encounter one of these little creatures and although they are almost invisible their bite can get your attention. Once they do bite - if you do not squash them - they realize that you are quite void of chlorophyll and move on to other prospects. Apparently these critters do not have many neurons to work with and cannot tell that you are not a plant until biting!

Now for the most irritating and persistent of the springtime insects on the island, the biting midge. These are the little gnats that are all over you as soon as you step outside during the day. These antagonists are not just incidental pests but are seeking out a blood meal from you! To make matters worse, they have an affinity for landing on your face, ears and neck, which adds to the annoyance. The abundance of biting midges this spring probably relates to the hearty amount of rainfall that we have experienced this year. Fortunately, the gnats are a temporary irritation. Within the next few weeks they will likely run their course and not emerge again until next spring — by then your insect resistant coveralls and head net should have arrived in the mail!

The final biting bug to cover is the all too familiar mosquito. Mosquitoes are another blood feeding pest that we can spend a



Bugs, page 6

### Today's Hometown Weather

Amelia Huber, OPS

Kanorado, KS.

Kanorado

High 69° F - Low 48° F  
Partly Cloudy

## NCIS agent picked for SECNAV security

AN Michelle Hartgraves  
Staff Writer

Boxes piled everywhere and stacks of paper piled on the desk, which hosts not one but two computers, are the only decorations in the bare office. Taking time off from his busy schedule of packing and checking out, Samuel Worth, Supervisor Special Agent for Naval Criminal Investigation Service (NCIS) Resident Agency for Sigonella, sits down for a breather and answer a few questions for the Signature.

Worth has worked for the NCIS team in Sigonella for more than two years. He got the chance to work in a very prestigious position: Personal Security Advisor (PSA) for the Secretary of the Navy. He submitted a bid for the position and after his selection as GS-14 he was interviewed in person. Out of a board of over 20 applicants, Worth was handpicked by the SECNAV. Now he can add the title of Personnel Security Advisor (PSA) for SECNAV to his resume.

With the new title comes new responsibilities. Worth will now be in charge of providing security for the SECNAV during official business, such as trips. Calling ahead to the offices located in the area of the trip, he will assure that adequate security is provided. Worth will also be coordinating state,

local and federal agencies in the area of the visit to insure lodging does not host any potential security issues and that his vehicle is driven by a NCIS agent and others in surrounding cars. The name of the game is to provide secure surroundings for the secretary, stated Worth.

Viewing the new adventure as a challenge, Worth is both excited and grateful for this chance. "It is a honor to have the confidence of NCIS for this position. I see this a challenge for myself. This job is going to be more on focusing on the security of one individual, vice investigations."

The experience of working with investigations can now be put in his back pocket. Washington, D.C. will welcome him to a different side of the house for security according to Worth. "It will be a change. The exposure to the strategic side of the Navy will be something new inside of the tactical side of NCIS."

Having the experience of dealing with the criminal investigation and foreign counter intelligence side of the house for over 14 years, and with the support of his family, Worth is prepared and eager not only traveling back to the States and see new places.

"I would not have been in the position

NCIS, page 6



Supervisory Special Agent Sam Worth of NCIS Resident Agency discusses his recent selection as the Personnel Security Advisor for Secretary of the Navy in Washington.

## HC-4 twenty years of heavy lifting, heavy flying

JOSN Steve Weaver  
Staff Writer

The HC-4 "Black Stallions" stationed at Naval Air Station (NAS) Sigonella, Sicily recently celebrated their 20th anniversary as a Helicopter Combat Support Squadron.

The squadron officially celebrated last month with a luncheon and party. Another celebration also took place in Norfolk, Va., as a four-day reunion took place for squadron members.

Some of the squadron's former members were also excited at the squadrons turning 20. "There was a lot of excitement," said Lt. Cmdr. Robert Moss, officer in charge of Al Fujayrah detachment and prospective operations officer. "A lot of the older guys, from what I've read in emails, were surprised that it got there so quickly."

The squadron was the Navy's first and only dedicated CH-53E helicopter squadron when it was commissioned on May 6, 1983. The squadron first arrived to the island of Sicily, and its new home at NAS Sigonella, on August 25, 1983.

"HC-4 as a squadron started much earlier than 20 years ago, it's the helicopter combat support variant that started in 1983," said Moss. Before becoming HC-4, the designation HU-4, for Helicopter Utility Squadron Four, was how the squadron was known. It was commissioned on July 1, 1960 at Naval Air Station Lakehurst, N.J. Five years later, the squadron was redesignated as Helicopter Combat Support Squadron Four, to more accurately describe its



A pilot of a MH-53E "Sea Dragon" assigned to the Black Stallions of Helicopter Combat Support Squadron (HC-4) during a formation flight training mission. Two other "Sea Stallions" helicopters assigned to the Black Stallions fly in formation, in the background

mission. In 1983, the present "Black Stallions" were born when they were given the designator HC-4.

Since becoming HC-4, the squadron has done many things to fulfill its mission. "We've fulfilled [our mission] and gone well beyond it," said Moss. "We've kind of reinvented our mission as we go, meaning whatever the customer's needs happen to be."

Moss said a good example of this was when HC-4 was tasked with picking up a high-priority piece of cargo off of an aircraft carrier. They chased the carrier 1,300 miles from Sigonella to the Red Sea to pick up the cargo. "In the interim, during some of the stops, the mission changed and we picked up some unscheduled things to drop off," he said. "That mission kept changing every time we landed because the carrier had its schedule, and other things were going on around it that we needed to work around."

"The recipe for success here is flexibility," said Moss. "It's the willingness and ability of our Sailors downstairs to go anywhere, take what they need with them, set up shop, and keep the aircraft operating regardless of the conditions they're working out of."

A Sailor who has been with the squadron for about 15 years, AM1 (AW/NAC) Michael Stallions, page 6



An MH-53E "Sea Dragon" assigned to the "Black Stallions" of Helicopter Combat Support Squadron Four (HC-4) lands on USS George Washington's flight deck to pick up a platoon of U.S. Marines.





# Direct Line

Capt. Tim Davison  
NASSIG  
Commanding Officer

On this day in 1944, Supreme Allied Commander General Dwight D. Eisenhower gave the go-ahead for the largest amphibious military operation in history: OPERATION OVERLORD, code named D-Day, the Allied invasion of northern France.

By daybreak, 18,000 British and American parachutists were already on the ground. At 6:30 a.m., American troops came ashore at Utah and Omaha beaches. At Omaha, the U.S. 1st Division battled high seas, mist, mines, burning vehicles and German coastal batteries, including an elite infantry division, which spewed heavy fire. Many wounded Americans ultimately drowned in the high tide. British divisions, which landed at Gold, Juno, and Sword beaches, and Canadian troops also met with heavy German fire, but by the end of the day they were able to push inland.

Despite the German resistance, Allied casualties overall were relatively light. The United States and Britain each lost about 1,000 men, and Canada 355. Before the day was over, 155,000 Allied troops would be in Normandy.

This was the turning point for the Allied forces in Europe during World War II.

I was thinking about what the turning points in my life may have been. Being a Naval aviator, a Commanding Officer, and more, has brought me to where I am now. I would like you to think about your Navy career, your contributions to it, your family and your friends. What is your turning point going to be?

Are you seeking a position with more responsibility? Do you want to be called “Chief”? Do you want to seek a commission or a college degree? Do you have the determination to make things happen? When you look back at your career and life, what are you going to say was your turning point?

I know many of you have certain intangible qualities such as self-confidence, pride and a sense of purpose. The Navy instills these qualities in each of you to make you all better Sailors. These same qualities can also make you more employable, better at dealing with others and also dealing with challenges.

You are in charge of the actions you take in your life. You can choose to make it or you can choose to break it...it’s up to you!

## The Pulse

### How to avoid kamikaze mosquitoes

Lt. Michael W. Morton

It’s about that time of the year again when the evil bloodsuckers begin their attacks again, and if you happen to be popular with mosquitoes, you’ll need to know a few things.

- How to repel mosquitoes
- How to kill mosquitoes
- How to treat mosquito bites

Certain people seem to attract mosquitoes more than others.

- Adults are more likely to be bitten than kids, though adults become less appetizing as they age.
- Men are more likely to be bitten than women.
- Larger people are more likely to be bitten than smaller ones.

What you need to know about repellents

DEET is the most effective insect repellent for mosquitoes, flies, ticks and fleas. It has been used worldwide for over 50 years, and has been proven to be remarkably safe. About 200,000,000 people around the world use it each year.

You can buy DEET containing creams, solutions, and aerosols etc. and they contain from 5 to 100 percent DEET. Here are some basic guidelines:

- 10 to 30% DEET will provide enough protection under most circumstances.
- Don’t use products containing more than 10% DEET on kids

- The higher the concentration of DEET, the longer the repelling action lasts...but there’s a higher risk that it might hurt you. DEET can cause central nervous system effects, allergic reactions and short-term heart problems but this is very rare.
- Apply products containing DEET carefully. They can damage plastics, many synthetic fabrics, leather, and painted or varnished surfaces.
- DEET will reduce the effectiveness of most sunscreens, if you’ll be in the sun it is advised to use a product that combines DEET and a sunscreen.

A few “natural” products and they are not as effective as DEET and will not last as long.

- Soybean oil repels mosquitoes for 3-4 hours.
- Citronella oil has to be reapplied every 1-2 hour.
- B-vitamins have no real evidence of working (but don’t tell my grandmother that!)

Forget about repelling; tell me how to kill the bloodsuckers!

Bug zappers don’t work on mosquitoes and they are more attracted to people than zappers.

You can buy sprays containing permethrin that not only repel mosquitoes, flies, ticks, and chiggers, but will also kill them on contact. Apply it directly to clothing, tent walls, etc., but not on your skin. The spray will last about two weeks and will even keep working through several washings. Use DEET repellent on your skin in combination with permethrin on your clothing, and you’re most likely to escape mosquito bites.

OK, OK, but I still got bit, now what?


Treat bites with a topical corticosteroid like hydrocortisone. Oral antihistamines, like benadryl, can reduce the itching and reddening you get with mosquito bites. If you are really sensitive to bites, take an antihistamine before you go into the mosquito zone.

Trivia: there are no mosquitoes in Antarctica (go figure).

Mosquitoes can locate you at a distance of more than 100 feet by detecting the carbon dioxide in your breath.

Only female mosquitoes bite. They need a blood meal to feed their eggs.

SECURITY BLOTTER



CRIMESTOPPER'S HOTLINE  
624-6389  
May 27 - June 1  
The following incidents were reported and categorized as follows:  
Traffic accidents without injuries - 8  
Traffic accident with injuries - 2  
Car break-ins - 0  
DUI - 2  
DUI's 2003 - 25  
DUI's 2002 - 35

### Cover Plates Are Coming to Sigonella.

Courtesy of MVRO

The NASSIG Motor Vehicle Registration Office (MVRO) is proud to announce that a new cover plate program for U.S. Privately Owned Vehicles (POV) has been established for all of Italy. After much work and coordination between the United States Sending State Office and the Italian Ministry of Transportation, the new program will make obtaining cover plates much simpler and less costly. This new policy was made by higher authority to ensure our safety and protection.

Under the old system, ordering cover plates was a very difficult process that could take up to eight weeks or longer. The new process will allow customers to get their cover plates as quickly as they received their AFI plates.

Cover plates will be mandatory for all U.S. forces, however, it is understood that it will take time to implement and complete this new process. Personnel departing within six months of vehicle registration or re-registration, will not be required to purchase the new cover plates and may continue to use AFI

plates until their PCS. Anyone departing in sixty days or less cannot apply for them. All vehicles will be converted by June 1, 2004.

Because of the high demand, cover plates will be issued on the following basis:

1. All new arrivals
2. All AFI to AFI transfers and new car purchases
3. All re-registrations
4. All others

The new cover plates will cost € 40 for four wheel vehicles and € 20 for motorcycle plates, approximately € 28 less than under the previous system. Unfortunately, refunds will not be available for those who have already purchased and received cover plates under the old system.

MVRO has received the first partial batch of plates, but due to cash accountability, we will start issuing on Tuesday, June 3, 2003.

Vehicle registration fees will be as follows:

- Customs registration fee is 5 Euro

paid once upon initial registration.

- Cover plate fee is €40 (for cars/trucks) or €20 (for motorcycles).

Road tax fee for (secondary vehicles only) is paid in Euro based on the vehicles’ Brake Horsepower (BHP) in Europe called (Kilowatts of Power) (KW). This Road tax is paid in annual increments.

After paying the purchase cost, the customer will be issued a receipt with a new plate number. They must then go to their insurance company to obtain a new insurance sticker and bring it back to MVRO. They will turn in their old AFI plates and receive the new plates with cover plate authorization form. The new plates must be mounted in a permanent manner, in accordance with Italian Law, and may not be bent, punctured or cut to fit. American made vehicles may need special mounting brackets, adaptors and spacers. Customers may go to the NEX Auto Port to obtain mounting hardware and correct mounting.

Cover plates will be returned to the MVRO upon exportation, sale, or disposal of the vehicle

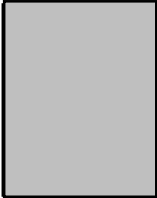
### EOD re-up under the water.



A Sailor re-enlistment inside Explosive Ordnance Disposal Mobile Unit Eight's Fly-away recompression chamber. The ceremony was conducted at the equivalent of 165 feet of seawater.

Photo by ABHC Joseph O'Toole

### It’s Good To Remember Them...



By Chaplain  
Thom Dansak  
Command  
Chaplain

I once read a quote that said, “If you think you have a bad memory, try forgetting something.” There are some things we cannot forget. Be they good or bad experiences, they place a permanent impression on our memory.

Other events, however, that are easily forgotten are sometimes worth remembering. In fact, people place importance on our ability to remember certain significant life events. We are “expected” to remember birthdays of our spouses, friends and children. We are expected to remember the anniversary of a marriage. Many also choose to remember some sad events like the death of a parent, child or spouse as an annual remembrance. Remembering is a very special characteristic of human life. People are sometimes hurt if we forget these events in their life. Forget the anniversary or your marriage or the birthday of a special loved one and you will discover what I mean!

We recently celebrated Memorial Day. Many are not aware of the history of this holiday. First conceived by Henry Welles of Waterloo, N.Y. in 1865 at the end of the civil war, Mr. Welles proposed that the city decorate the graves of their civil war dead with flags and wreaths and that all

three cemeteries in Waterloo be visited. Why? The Civil War’s cost in lives and injury was overwhelming. Nearly 620,000 Americans (some estimates are higher) from both South and North died. That is more than the total of those who died in all other wars involving America. The memory of that loss was not something that could be cast off. The effects of war were real to those Americans in 1865. The price of peace and national unity was extreme. Maybe names would be forgotten, but not the event and not the price so many paid.

Today, another event occurred that should be remembered: D-Day, the Invasion of Normandy in 1944. 100,000 Americans and allied combat personnel were landed on the beaches of France. 9,000 were killed.

We may not know names, but we need to remember what they did. We should never forget such events. Because of these afraid but still brave men, the forced occupation and domination of Europe by Nazi forces would soon come to an end. A belief that freedom was worth fighting for and protecting was evident in their actions.

There are many things to remember. Sometimes it may seem that there are too many things to remember. But, I, for one, hope we Americans and Italians never forget what was done for us in the past to provide us the opportunities of the present. And, I hope we teach our children to remember these things as well.

### NAS Sigonella Worship Opportunities

**Catholic Mass**  
Saturday 5 p.m. Chapel (NAS II)  
Sunday 9 a.m. Chapel (NAS I)  
Sunday 9 a.m. in Italian 41<sup>st</sup>  
Stormo Chapel (NAS II)  
Sunday 11 a.m. Community  
Center (Mineo)

**Protestant Traditional Worship**  
Sunday 9 a.m. Chapel (NAS II)

**Protestant Worship**  
Sunday 9 a.m. Community  
Center  
(Mineo)  
Sunday 11 a.m. Chapel (NAS I)

**Church of Jesus Christ of  
Latter Day Saints**  
Sunday 1 p.m. Chapel (NAS I)

**Church of Christ**  
Sunday 3:30 p.m. Chapel (NAS I)

**Jewish Shabbat Service**  
Last Friday of the month 5 p.m.  
Chapel (NAS I)

**Weekdays**  
Daily Catholic Mass 11:30 a.m.  
(NAS I & II Chapels)  
Wednesday Protestant Bible  
Study  
4:45 p.m. (NAS II Chapel)  
For more details, call 624-4295  
or 624-2947.

<b>Commanding Officer</b> Capt. Timothy L. Davison	<b>Deputy Public Affairs Officer</b> Alberto Lunetta	<b>Staff Writers</b> AN Michelle Hartgraves
<b>Public Affairs Officer</b> Lt. Steve Curry	<b>Asst. Public Affairs Officer</b> JO1 Craig Coleman	JOSN Steve Weaver JO2 David Hamilton
<b>The Signature</b> editorial office is located at: Naval Air Station Sigonella, Sicily PSC 812 Box 3020 FPO AE 09627.	<b>Editor</b> JO2 (SW) Brian Johnson	PH1 Janine Denault
Telephone: 095-86-5440; DSN 624-5440		

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# NAVY NEWS

## Father and son reunited to share navy career milestone

By OS3 Carla R. Morton  
USS Nimitz Public Affairs

ABOARD USS NIMITZ, At Sea (NNS) — A Navy deployment amidst the ongoing war on terrorism means an extended time away from family for many Sailors, but a father and son were reunited recently to share a milestone in both their naval careers.

Chief Interior Communications Electrician (SW/AW) Leroy Tisby Sr., from USS Nimitz (CVN 68) Combat Systems department, was flown to the Kingdom of Bahrain to award his son, Boatswain's Mate 2nd Class (SW) Leroy Tisby Jr., from USS Anchorage (LSD 36) Deck department, with the Enlisted Surface Warfare Qualification (ESWS) pin. Anchorage was making a port call in Bahrain at the time, which made the event possible.

According to Petty Officer Tisby, knowing his father might be able to come to Anchorage to present him with the ESWS pin motivated him. "I stayed up some nights until two or three o'clock in the morning to learn more," he said. "Once the plans were finalized, it pushed me even harder to succeed. I wanted to see him, and I know he wanted me to have this."

When Chief Tisby was first approached with the idea to do the pinning, he was thrilled and honored.

"We share a strong bond, and whether it has been one day since we have seen each other or one year, every moment together is unique and great," said Chief Tisby.

The pinning ceremony was held on the mezzanine level, with the entire ship's company in attendance. All hands were called to attention by Anchorage Commanding Officer, Cmdr. Mark Cedrun. Once all hands were at attention, Petty Officer Tisby was ordered front and center and awarded his ESWS pin.

The pin is the original device his father was awarded in 1985.

"Due to time and mission requirements of the ship, I am pleased we could arrange to have Petty Officer Tisby's father here for such a memorable moment," said Cedrun. "This opportunity is a great representation of the Navy

as a whole. Despite the differences of one of the Tisby's being a chief petty officer on board an aircraft carrier and his son being a petty officer on board an amphibious ship, this is very unique."

The pin given to Petty Officer Tisby is something Chief Tisby holds dear. "It was presented to me by someone very influential in my life at the time I received it.

"My chest felt so big with pride, I felt like I was the one getting pinned," said Chief Tisby.

"I feel it is a privilege to have the opportunity to serve in the Navy with my dad," said Petty Officer Tisby. "He has always been a positive influence in my life and has always encouraged me to be my best."

"The pinning is a great opportunity for the two to celebrate," said Anchorage Executive Officer, Cmdr. Nick Rangel. "I am honored to have two generations of Sailors serving in the Navy aboard my ship.

According to Chief Tisby, his son's first year and a half in the Navy was tough, as was his own first year. "I give him advice as a father and sometimes as a chief. He knows when to differentiate between the two.

"When he first joined the Navy, I explained to him that there are things that must be endured," said Chief Tisby. "Every day is not going to be sunshine, but not every day is going to be rain."

Petty Officer Tisby feels a memorable time in his life is when he joined the Navy, and his father gave him the chief's anchors his father was frocked to chief petty officer with, and said, "You are going to need these one day."

According to Chief Tisby, he is proud his son looks to him for guidance, because his son is carrying the advice along to the Sailors that work for him.

"There are things in life that can be taken away, but knowledge is not one of those," he said. "I still have many things to prove to myself and to my father. Every day will continue to be a challenge."

The Nimitz Carrier Strike Group is currently conducting operations in the Arabian Gulf.

## Recap SIG 2.3 CORNER

### New security and telephone exchange building coming to NAS I

We are looking forward to opening the new Security and Telephone Exchange Building at the end of July. The \$760,000 Security and Telephone Exchange Building is immediately adjacent to the new main gate and will house the base security forces and base communications equipment will be tied to a new fiber optic cable between NAS I and NAS II. The Security offices include pass and ID check-in window, storage, staff break area, bike storage, stray animal control offices, and a stray animal kennel. The building is supported with batteries and a backup generator to keep the facility operational in the event of a power outage. When the new building is complete, the old security guard shack and telephone buildings will be demolished to make way for more parking, a second inbound lane of traffic at the main gate, and a direct access walkway from a turnout inspection and parking area to the temporary pass and ID card window.

How SIG 2.3 Affects You: The installation of the new natural gas line has now reached its final phase in Halsey Road at the corner near the Child Development Center on NAS 1. Other utilities work is continuing on Halsey Road in front of the Stephen Decatur School, through the end of June. Please be careful in these areas and stay on the sidewalks. The pick up and drop off area for children attending the CDC has been restored but the NAS I-NAS II bus stop remains changed to the parking lot at the side of the CDC. The temporary bus stop will last until the end of June when the gas line is complete. School is still in session until June 12 and the school busses must use the loop road around the NAS 1 park to pickup and deliver students from 7:15 to 8 a.m. and from 2 to 3 p.m. each school day. We ask for your cooperation to keep the road around the park clear. PLEASE DO NOT PARK IN THE LOOP ROAD.

If you have any questions about SIG 2.3 construction, contact Lt. Darren Hale at haled@nassig.sicily.navy.mil.

## News Briefs

### Middle School Field Day

Stephen Decatur MS is having a Field Day on June 11, from 11:30 a.m. to 2:30 p.m. It will be held at the NAS I pool, gym, bowling alley, teen center, and post office parking lot. Middle school students will be occupying these areas, and the parking lot will be off limits to vehicles. Mrs. Groce's Seminar will be running a snack and beverage booth in order to raise money for a Mt. Etna barbecue, to take place next school year. There will also be a dunking booth, run by Ms. Peterson, with proceeds benefiting the barbecue.

### Swordfish Swim Team

Signonella Swordfish Swim Team are looking for new members. Sign up now to join the team. It is open to any school age children and is sponsored by MWR. The team is part of the European Forces Swim League that travels to bases throughout Europe to compete. To sign up call Coach Rich at 624-5335.

### Commissaries' Policy on Acceptance of Coupons Changes

Beginning on June 1, commissaries started limiting coupon usage to one coupon per item purchased for the vast majority of customer transactions. There will only be two exceptions to this rule. If clear and specific language is present on the face of the coupon stating it may be used in conjunction with other coupons, then multiple coupons will be honored. Multiple coupons will also be honored during time-limited special promotions specifically allowing the practice. These are typically caselot sales or short-term, in-store promotions where the coupons to be applied to the product are provided to the shopper at the point of sale.

Shoppers should be aware that certain non-DeCA internet sites promoting the use of coupons at commissaries might not reflect this policy change. Commissaries go to great lengths to provide shoppers the best prices possible, and still welcome the use of coupons to make those great prices even better. This new policy brings commissaries more in line with commercial grocery practices, reflects the manufacturer's intended use of coupons, avoids fraudulent use of coupons, and most importantly, eliminates confusion.

## MEF engineer group Seabees helping to rebuild Iraq

By Lt. Cmdr. Meg Reed  
I Marine Engineer Group Public Affairs

CAMP COMMANDO, Kuwait (NNS) — While many of the U.S. troops in the Middle East are starting to think about going home, the First Marine Expeditionary Force (I MEF) Engineer Group (MEG) Seabees continue to seek out and complete a multitude of rebuilding projects in Iraq.

Called civil-military operations (CMO), these projects combine the efforts of coalition forces and local citizens, to improve the general welfare of the Iraqi people and support U.S. forces still in theater. The result is setting a framework for the incoming Organization for Reconstruction and Humanitarian Assistance and Non-Governmental Organizations.

How do the Seabees maintain momentum and motivation to continue working, while their Marine and Soldier counterparts are preparing to pack up and depart? MEG Command Master Chief Kevin Timmons, who is responsible for the keeping the pulse on the morale and welfare of the MEG enlisted troops, explains, "As long as there's a purpose, the Seabees will work 24 hours a day to get a job done. U.S. Navy Seabees are the best resource around to ensure mission accomplishment. There is no one better suited to accomplish the humanitarian mission."

As the United States transitions its mission of defeating the Iraqi regime to setting conditions for a free Iraq, the MEG's forces do the same. The MEG has changed its focus from wartime construction and mobility of troops and materials to the frontlines, to the flip side of the now-famous Seabee repertoire; interfacing with local communities to rebuild and repair city infrastructures and structures, and improving the living conditions of fellow military personnel.

Timmons says that Seabees are some of the best ambassadors the Navy has — their regular deployments give them plenty of experience interacting with people and children. Chief Equipment Operator John Tyson, Naval Mobile Construction Battalion (NMCB) 74, echoes this by saying the best way for the junior Seabees to learn is in the 'real-time contingency classroom.' "The Seabees are used to doing 'quality of life construction' all over the world. The biggest reason to keep doing it is seeing the smiles from the local people."

According to Ensign Michael Vanderweide, whose battalion, NMCB-74, performed rehabilitation projects for schools in An Numinayah, the Iraqis have been eager to work with Americans to confront the challenges of getting their towns back in order, but there is much work to do. After

years of classroom lessons that centered around Saddam Hussein, the schools need more than structural repairs.

"As we try to identify what schools need in terms of repairs, the citizens are asking for assistance in obtaining new books and curriculum," Vanderweide said.

Rear Adm. Charles Kubie fills roles as both MEG commander and the commander, First Naval Construction Division, in Little Creek, Va. The MEG is composed of a command element and three task forces: Mike (Mobility), Charlie (Construction) and Echo (Endurance), with different missions that complement each other.

Task Force Mike's wartime tasking facilitated force mobility through emplacement of four non-standard bridges made by British firm Mabey-Johnson, and construction and maintenance of roadway and airfield infrastructure to support the First Marine Division. Post-war, Task Force Mike built the first CMO bridge — a set of twin non-standard bridges that span the Diyala River and provide two-way traffic along a major artery into Baghdad.

During hostilities, Task Force Charlie guaranteed troop passage and uninterrupted flow of logistics on important supply routes by upgrading and maintaining roads, and constructed an enemy prisoner of war holding area. Charlie convoys provided a constant flow of bridging materials, culverts, construction items, food, water and other materials to forward units.

Task Force Echo's wartime projects included battle damage repair to infrastructure, and preparation for long term sustainment tasking related to subsequent phases. Task Force Echo's first CMO tasking started before post-war phases officially commenced. A Seabee detachment was assigned to Umm Qasr to provide engineering assessments that led to restoration of the city's electrical power, and to develop a system for water purification and distribution. The work expanded into community assistance projects, where Seabees rehabilitated a girls' school to fix its electrical system, prepared and painted the wall masonry, installed new window glass and screens, and improved latrines.

Local Iraqi citizens were employed to help the Seabees at the school and on a project to improve the passage of traffic leading to a ferry landing at the port. Builder 2nd Class James Allen, of NMCB-21, was glad to have worked with some of the Iraqis on projects at the school. "Many are college graduates and professionals, not construction workers. But like us, they just want to work. They're quick learners and hard workers."



BU2 Bruce Schmiderer, a U.S. Navy Seabee assigned to Naval Mobile Construction Battalion Fifteen (NMCB-15) helps to build a playground at a school in Al Hillah, Iraq

Addressing NMCB-21 Seabees after a ribbon-cutting ceremony at a girls' school in Umm Qasr, Kubie summed up the MEG's post-war role. "There has been much change in a short time since Iraq was under Saddam's rule. We want to maintain a presence here awhile longer to show the Iraqi people that we are there for them. There is still much more to do, and Seabees will continue this work with coalition forces throughout Iraq."

## Hall of Fame Commemorates Columbia Astronaut

By JO1 John Harrington  
Navy Recruiting District New York  
Public Affairs

SECAUCUS, N.J. (NNS) — The Women Divers Hall of Fame (WDHOF) recently honored fallen Space Shuttle Columbia astronaut, Capt. Laurel Clark, in a ceremony held at the Beneath the Sea Expo 2003.

Clark perished in the explosion of Columbia

during re-entry into the Earth's atmosphere Feb.

1. Two plaques honoring Clark were accepted on the Navy's behalf by Capt. Marie Knafelc and Capt. Victoria Cassano.

One plaque will be permanently housed at the Naval Medicine Undersea Institute (NUMI) in Groton, Conn., where Clark completed undersea medical officer training.

The other plaque will be housed at the Naval

Diving and Salvage Training Center in Panama Beach, Fla., where Clark completed diving medical officer training.

According to WDHOF Chairperson, Hillary Viders, the camaraderie of Navy divers toward Clark was exceptionally touching.

"I, and most of the people in the professional diving community, did not know that Laurel Clark was a diver. We just knew her as being an astro-

naut," Viders says. "Immediately after the explosion, members of the diving community who are in the Navy e-mailed me asking if we could do something for her. I asked if they knew her personally and they said 'Does it matter? She's Navy. She's one of us.' That really got me. It's a kind of camaraderie that's rare. Just the fact that they wanted so much to honor her even though they didn't know her personally really touched me."





By Alberto Lunetta  
Signature Staff

# Italian News

Sicilian culture and lifestyle

## San Vito Lo Capo and Mascalucia celebrate Saint Vitus

*San Vito* (Saint Vitus) used to be, and still is of the most venerated saints in Europe. Every year on June 15, the anniversary of his martyrdom, countless religious festivals are held in his honor. The *feste* (festivals) that take place in the towns of Mascalucia and San Vito Lo Capo, are among the most notable patron saint celebrations in Sicily.

In San Vito Lo Capo, a small town on the northwestern coast of Sicily, between the Gulf of Castellammare and the city of Trapani, the festival brings the local fishing activity, like the rest of the city life, to halt as fishermen, who have a special devotion to the saint, immerse themselves in the festivities. On June 15, all boats are in the harbor to allow the *pescatori* (fishermen) to celebrate their beloved saint. At 3 p.m., the festival kicks off with a picturesque ability game called *Antenna a mare*, which consists of walking on a thirty-foot long slippery lathered log, trying to catch a small flag that is placed at the very end of it. The game is held at the *Sopraflutto* Pier. The second must-see highlight of the festival takes place at dusk. Starting at 8:30 p.m., it is called the *Sbarco dei Santi* (landing of the saints) and features an amazing historical re-enactment of the arrival on boats of the Saints Vitus, Modestus (Vitus’ tutor) and Crescentia (Vitus’ nurse) on the beach of the town. From the beach, the procession continues along the streets of the town. Devotees carry the precious silver 17<sup>th</sup> century reliquary-bust and the statue depicting the Saint Vitus throughout the historic center until late at night.

Before you leave San Vito lo Capo, don’t forget to see the city’s highlights that include: the Sanctuary (erected in honor of Saint Vitus in the 13<sup>th</sup> century), the *Museo del Mare* or Sea Museum (located in via Savoia 57, open daily from 9 a.m. to 1 p.m. and from 5 to 10 p.m. admission free), the archaeological beauties (Racchio and Cala Mancina prehistoric caves) and the breathtaking Zingaro Nature Reserve that covers an area of 1,650 hectares spanning from a crystal clear water coastline to Mount Speciale (3,000 feet). The *Riserva dello Zingaro* hosts rare and native plants, and 39 bird species, mainly birds of prey, including the pilgrim falcon, the wind hover, and the buzzard. The area also includes the amazing Uzzo grotto, one of the first prehistoric settlements in Sicily. The reserve has organized paths, shelters, picnic areas, museums and a car park. It can only be visited on foot or horseback. To

find out what trips are scheduled and when call 0924-35108.

For centuries, the Mascalucia townsfolk had widely venerated Saint Vitus. This is proven by the fact that many churches have been named after him. Historians say that although the devotion for Saint Vitus began in the 14<sup>th</sup> century, the official festival was not established until March 3, 1771, when San Vito was proclaimed the patron saint of Mascalucia. According to tradition, the townspeople were very grateful to Saint Vitus for having rescued the city from a terrible locust invasion. The festival begins on June 14 with the procession, which leaves from the San Vito Church (the cathedral) at 7:30 p.m., during which the relics of the saint that are carried throughout the city. Following the procession, a music show is held at 9 p.m. in piazza San Vito (the main square). On June 15, a fireworks show opens the *festa* in the early morning. Holy Masses are held at the cathedral at 9:30 a.m. (featuring the unveiling of the statue depicting the saint), 11:30 a.m. and 6:30 p.m. Later at 8 p.m., the statue of Saint Vitus is carried through the local streets. A firework show ends the festival at midnight.

### Life of Saint Vitus

According to legend, Vitus was born in 286 AD in Mazara, a small town in western Sicily. The only son of a pagan senator named Hylas; Vitus become a Christian when he was twelve thanks to the influence of his tutor Modestus, and his nurse Crescentia. When Hylas found about Vitus’ conversion he tried to shake his faith by having him and his tutors scourged and arrested, but he was unsuccessful.

When Vitus’ conversions and miracles became widely known to the administrator of Sicily, Valerian, he had Vitus brought before him, to persuade him to abandon his belief. Tradition holds that, Valerian, seeing the joy and constancy and the absolute silence of Vitus during the interrogation, ordered him to be lashed. But while Valerian was pointing at the young saint, his arm became paralyzed. Then, Vitus had pity on him and miraculously healed him. Thus, Valerian, disturbed by these events, gave up all his efforts to change Vitus’ mind and sent him back to his father’s house. There, his evil father tried again to convince him to give up his faith. But it still did not work. So Vitus fled from his father’s house by boat with his tutor, Modestus, and servant, Crescentia and hid in San Vito Lo Capo hoping to find a bit of peace and quiet. But soon his persecutors found out where he hid and consequently he was forced to wander from town to town throughout Sicily. According to tradition, during his period of roaming, Vitus worked several miracles that converted large crowds of people. Once, legend has it that while he

was in Regalbuto (near Enna) he resuscitated in the name of Jesus a young boy who was torn to pieces by dogs.

Hearing of the miracles of Vitus, Diocletian, the ruthless persecutor of Christians, sent for Vitus to free his possessed son from a demon. Vitus worked another miracle chasing the devil away but the ungrateful Diocletian imprisoned him and his chaperons because they would not sacrifice to the pagan gods. Thus, Vitus Modestus, and Crescentia were subjected to various tortures (cauldron of molten lead, wild beasts and rabid dogs) from which they emerged unscathed. Furious by their supernatural resistance Diocletian eventually sent all three of them to the stake in where they died on June 15, 299 AD.

### How to get there

San Vito Lo Capo is fairly easy to reach and is about three hours from Sigonella. Take the Catania-Palermo highway. Once you arrive in Palermo take the Palermo-Mazara del Vallo *autostrada* (highway) and exit Castellammare.

Mascalucia is pretty close to Sigonella. Exit Gravina or San Giovanni Galermo on the *tangenziale* highway and follow signs for Mascalucia.

For more information on the festivals call the following tourist offices: San Vito Lo Capo 0924-972464 and Mascalucia 095- 7272112.



Picture courtesy of Mascalucia's Saint Vitus Feast Committee

**The Feast of San Vito (Saint Vitus) is celebrated in San Vito Lo Capo and Mascalucia on June 15. Celebrations consist of religious processions, Holy Masses, entertainment, fireworks, games, good music, and great foods. In the picture, the statue of Saint Vitus is carried through the streets of Mascalucia.**

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>COMMUNITY CALENDAR</div>										6	<div>Agrigento Camping Trip until June 8 depart 3 p.m. AU Call 624-4271</div>	7	<div>Night of Champions 6 p.m. Theatre Call 624-2710</div>
8	<div>Castelmola Falcon Show &amp; Giardini Naxos ITT Call 624-4396</div>	9		10	<div>Boys &amp; Girls of America Torch Club ages 10 -12 3 to 4 p.m. 205 Youth Center</div>	11	<div>Scavenger Hunts 4 to 5 p.m. 205 Youth Center</div>	12	<div>Anger Management every Thur. 5 to 6 p.m. NAS I Hospital 2A-III Call 624-4291</div>	13	<div>Old School New School All Star Basketball game 5 to 7 p.m. NAS II Gym</div>	14	<div>Paintball depart 8:30 a.m. Take 5 Call 624-5602</div>
15	<div>Phone your Father for Free Sarts at 11 a.m. Take 5 Call 624-5602 phone cards while supplies last</div>	16	<div>Intermural Summer Basketball NAS II Gym Call 624-2710</div>	17	<div>Ping Pong Tourney 11:30 a.m. Take 5 Call 624-5602</div>	18	<div>Etna Off Road depart Sig Inn 8 a.m. ITT Call 624-4396</div>	19	<div>Photo Safari Meeting 4:30 to 5:30 p.m. Golden Anchor Call 624-3718</div>	20	<div>Marina di Ragusa Camping Trip depart 3 p.m. AU Call 624-4271</div>	21	<div>Teen Dine-Out 7 to 11 p.m. Teen Center Call 624-4018</div>
22	<div>Visit Palermo ITT Call 624-4396</div>	23	<div>Special Additions 1 p.m. to 3 p.m. Community Bldg rm 203</div>	24	<div>Basic Italian Call ITT at 624-4396 for class times</div>	25	<div>Fruit &amp; Veggie Month Free fruits and veggies All day Take 5</div>	26	<div>Etna Land Waterpark depart 8 a.m. AU Call 624-4271</div>	27	<div>Base ICR 7:45 a.m. to 3 p.m. ICR Class Room Call 624-4291</div>	28	
29	<div>Bagheria Villas &amp; Seafood Restaurant in Sferracavallo ITT Call 624-4396</div>	30	<div>Play Bingo 5:30 p.m. Live Wire</div>	1	<div>European Exercise Tour climb, walk and run around Europe without leaving the gym Sign up at either Futness Center</div>	2	<div>Rainbow Playgroup every Wed. 10 to 11 p.m. 205 Housing</div>	3		4	<div>Fourth of July</div>	5	<div>Freedom Fest 5K Fun Run pre-register July 4 by 5 p.m. race day registration is 6:30 to 7:15 race starts at 7:30 a.m. NAS I Fitness Center</div>

NCIS from page 1

to be considered (for the position), had it not been for the outstanding works that the guys do everyday and performing so well over the years,” reflected Worth.

For now Worth is packing up his and his family’s belongings before hitting the road. A new job, a new place and a new change of focus await him in Washington, D.C.

Stallions from page 1

Beard, knows first hand about the flexibility of the squadron. He points to an instance where HC-4 was called upon to aid in the humanitarian evacuation of the American Embassy in Liberia during the civil war there in 1996. While there, they operated out of a hotel parking lot.

They even help out with odd requests. “We had to go out and lift a bus off of the Rock of Gibraltar,” said AM2 Gary Mason. “I don’t know how it got there, but the Gibraltar government wanted it moved.”

The accomplishments of the squadron over the last 20 years are many. “It’s a direct reflection of the professionalism of the squadron,” said Beard, “from our leaders on down to the airman.”

One thing that stands out during the history of HC-4 for Moss, illustrates the phrase “getting the job done.” “In November of 2001, we stood up a detachment in [Al Fujayrah United Arab Emirates], about four to six thousand miles from here. In two weeks we were on station ready to make hits and provided carrier support out of there,” he said. The detachment is still there presently. “It outlines the capability the squadron has had all along.”

Being located at the “Hub of the Med” is important to what the “Black Stallions” are capable of doing. “The physical location of the squadron makes it much easier for us to accomplish our mission,” said Moss. In the two tours that he’s been with HC-4, Moss has flown missions as far east a Karachi, Pakistan, as far north as Bodo, Norway, and as far east as Tucson, Ariz. The squadron also has flown as far south as Democratic Republic of Congo (formerly Zaire). “We’ve covered an area that’s probably three or four times the size of North America, and we do all that without having to break our aircraft down and have it lifted anywhere by somebody else. If we weren’t here in Sigonella, or somewhere in the Mediterranean, we wouldn’t be able to do that. We’ve had detachments all over the world. I can’t believe how far I’ve gone as part of the squadron.”

The airframe taking them places presently is the workhorse MH-53E “Sea Dragon” helicopter, which replaced the CH-53E’s by February 1996. It can lift 25,000 external pounds, and 18,000 internal pounds. It’s a large helicopter that requires large amounts of TLC. “Heavy Maintenance, heavy flying,” said Mason. “It requires a lot of work.”

An unspoken motto at HC-4 is “get the job done.” That’s what they’ve done over the past twenty years. They’ve taken part in countless exercises with different navies. Their services were needed to provide humanitarian aid to Kurdish refugees in 1991 along the Turkish-Iraqi border. They provide support for the president when he comes to the European theater, which they have done recently for his dealings at the G8 summit. More recently, they flew millions of pounds of cargo and thousands of passengers during Operations Iraqi Freedom and Enduring Freedom. And they even find time to lift a bus off the Rock of Gibraltar.

Bugs from page 1

considerable amount of time and resources avoiding and ridding ourselves of. The majority of mosquito bites are suffered in the evening as the sun is setting. Again with all of the rainfall, which favors the development of the larval life stage of the insect, we now see an increase in activity by mosquitoes.

Fortunately, the risk of diseases associated with bites from the aforementioned insects is extremely low to nil.

So what – short of use of a shotgun – can be done to protect oneself, particularly from the blood feeders! For those who have to work and/or spend considerable amounts of time outdoors, insect repellent will be the best and easiest solution. The best repellents contain the active ingredient DEET (N, N-diethyl-3-methylbenzamide for the chemistry buffs). DEET is contained in the military-issued repellent and in most of the commercial products such as OFF!. Although products with other active ingredients such as that in Skin So Soft offer some repellency to insects, the majority of the research conducted indicates that DEET is still the most effective and longest lasting repellent. DEET is also labeled for children’s use, keep in mind, however, that the American Academy of Pediatrics recommends that repellents used on children contain no more than 10 percent DEET.

A practical, although not too comfortable, recommendation is to wear long sleeve shirts and long pants. This is only too obvious since most of these insects, with the exception of perhaps mosquitoes, must be in direct contact with the skin to bite. When feasible, you may consider limiting your outside activity during peak pest activity. As mentioned, mosquitoes are most active at sunset, whereas the midges come out during the day as the temperature rises. A final recommendation for those with the self-control is to hold your breath! Both mosquitoes and biting midges are attracted to the carbon dioxide that we exhale during breathing. Although an effective technique, passing out from lack of oxygen is an undesirable side effect for most!

So, get out and enjoy the spring, but keep in mind the presence of these little critters and protect yourself. Stay tuned, as these springtime pests begin to fade, another biting fly, the sand fly, will begin its activity into the summer and fall! We just don’t get much rest do we?

Swim from page 1

been cleared to compete in Italian Masters swimming. To everyone’s surprise, it was discovered that masters’ swimming isn’t big in Sicily, it is gigantic. A grand total of 350 swimmers from all over Italy attended the meet in Siracusa.

Every department has a Luciano, the guy or gal who helps temporary American residents figure out the good places to eat, get your car fixed, shop, visit, invites us to their homes, and even find masters swim meets. To all our Italian friends like Luciano, thanks!

In case you’re interested, the Sigonella Masters Swim Team works out every day at the NAS II pool at 11:15 a.m.

Trivia Answers

- 1) M&M 2) 2 a.m. 3) F.A.O. Schwarz 4) The Star Spangled Banner 5) Akimbo



# Word Find

## Models

A V O K Z I R O P A N I L U A P M P U E E L R V R  
P T E N J I M O R A C C E B E R A T L N L E E D U  
L N L S S O M E T A K K Q A P T Q L O I F N E A O  
I A A E R Y B V R P L D V X R A E T H F D R T N M  
N N E E L D L U Y Z R A Q I T M G H I E I E Y I Y  
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I J A N A Y I H C M T S U B I P W Q C N S K R A T  
S V N E P R T L T Y H P R U M N Y L O R A C E L S  
T J D K H H D H R D K I M A L E X I S N Y J H E M  
A C W C A N O A Z R D G C J R H M W Y J U M T R U  
P H Q R H M B J R G S I H A L L E B E R R Y A I L  
M R A Y E A M B E Y M Z E T I N E B A S L E E A K  
X S V S N L N T Z O E V A H E R Z I G O V A H M I  
D Z S K K J H C A C I N D Y C R A W F O R D F A D  
Q E S O Z A L N A N G E L A L I N D V A L L I Z I  
N M O V L C S P A T R I C I A V E L A S Q U E Z E  
N R O L Y A T I K I N G A R V B Y G F Y M J E A H

AMBER VALETTA	FRÉDÉRIQUE VAN DER WAL	NIKI TAYLOR
ANGELA LINDVALL	GISELE	PATRICIA HARTMANN
BRIDGET HALL	HALLE BERRY	PATRICIA VELASQUEZ
CAROLYN MURPHY	HEATHER STEWART WHYTE	PAULINA PORIZKOVA
CHRISTY TURLINGTON	HEIDI KLUM	REBECCA ROMIJN
CINDYCRAWFORD	KAREN MULDER	SARAH THOMAS
CLAUDIA SCHIFFER	KATEMOSS	STELLA TENNANT
DANIELA PESTOVA	KIM ALEXIS	STEPHANIE SEYMOUR
ELLE MACPHERSON	LAËTITIA CASTA	TYRA BANKS
ELSA BENITEZ	LINDA EVANGELISTA	VALERIA MAZZA
EVA HERZIGOVA	NAOMI CAMPBELL	VENDELAK

# TRIVIA

What candies take their name from the company's cofounders, Forrest Mars and Bruce Murrie?  
If it's 11 p.m. in Seattle, what time is it in Miami?  
What toy store was featured in the movie "Big?"  
The Defense of Fort McHenry was the original title?  
How is your posture described if you're standing with hands on hips and elbows bent outward?  
(Answers on page 6)

## Movie Connection

MOVIE's Theater Schedule

### Friday, June 6



5:30 p.m.  
**Bruce Almighty (PG-13) \*\***



8 p.m.  
**Phone Booth (R) \*\***



10 p.m.  
**X2: X-Men United(PG-13)**

### Saturday, June 7

6 p.m.  
**Night of the Champions Body Building Competition**

### Sunday, June 8



1 p.m.  
**X2: X-Men United (PG-13)**



3:30 p.m.  
**What a Girl Wants (PG) \*\***



6 p.m.  
**The Matrix Reloaded (R)**

### Monday, June 9



5:30 p.m.  
**Daddy Day Care (PG)**



8 p.m.  
**X2: X-Men United (PG-13)**

### Tuesday, June 10



5:30 p.m.  
**Head of State (PG-13)**



8 p.m.  
**The Matrix Reloaded (R)**

### Wednesday, June 11



5:30 p.m.  
**The Core (PG)**



8 p.m.  
**Basic (R)**

### Thursday, June 12



5:30 p.m.  
**X2: X-Men United (PG-13)**



8:30 p.m.  
**The Hunted (R)\***

### Friday, June 13



1 p.m.  
**Finding Nemo (G) \*\***



5:30 p.m.  
**Malibu's Most Wanted (PG-13) \*\***



8 p.m.  
**The Matrix Reloaded (R)**

# Shout

DoDDs students talk about what's happening in the community

## A Salute to America

The kindergarten classes of Delores Jenkins and Isaiah Latham presented "A Salute to America" that was truly outstanding. The children performed a number of patriotic songs as well as tribute songs for each branch of the military.

Songs and poems that made us laugh (the Marshmallow Bunny, and Yankee Doodle Dandy) as well as songs that made us cry (Let There Be Peace on Earth, and It's A Grand Ole Flag ) made up only a portion of the program.

The proud faces and smiles on the audience, especially the parents of these children told the story, as they watched their little ones being led in ROTC drills by three members of the ROTC squad (Stefan Brown, Kelly Bertolacini, and Ryan Sandstrom) while dressed in their parent's uniforms.

Truly a heartfelt "Thank you" to our entire military community.  
Hoorah!

## Dishwalla brings America, gratitude to Sigonella

By: Maria Greger

Members of the group Dishwalla stepped through the doorway as if they had suddenly jumped out from between the pages of Rolling Stone Magazine. The room, like the stages they rock became infused with a vibrant electricity. These men, full of humor and surprises, had purpose and were just as genuine as they were certain of every single beat in their songs.

Dishwalla was created in Santa Barbara, Calif., in 1992. Four years later the band took off when their single "Counting Blue Cars," from the debut album, Pet Your Friends, became a hit and won the Billboard's Rock Song of the Year in 1996. The band's members, front man- J.R. Richards, bassist- Scot Alexander, guitarist- Rodney Browning, drummer- George Pendergast, keyboardist- Jim Wood, began touring in promotion of the single and the album. Named after a term used for cable hackers, Dishwalla, has since opened for the Goo Goo Dolls, and toured alongside Sheryl Crow, Melissa Etheridge, Kiss and others.

With the release Opaline, the third and newest release since the 1998 sophomore album, And You Think You Know What Life's About, Dishwalla made music history by marking the first time a new album was released into stores in both CD and DVD Audio Formats.

J.R. described the music of Dishwalla as, "kind of eclectic especially from record to record , each is different stylistically. We keep changing it up, hoping we get away with it."

Most of the ideas for the starting albums were generated by J.R. and it wasn't until later and especially with Opaline that the other members of the band became more involved in the development of songs and recordings, leading to the band's high level of preparation and unification before hitting the studio this time around.

As far as Dishwalla's inspiration J.R. says it is, "Life in general with unusual circumstances being one of the top five or three. "

Speaking of unusual circumstances that inspire; the band played on the USS Roosevelt and found the experience to be exhilarating.

"These guys (on the ship) have limited liberties, it's not like when they're on a base and they can go out and do something," the front man explained, "We got a good vibe from playing for them."

"Going to another country and playing for Americans...it's strange. We came because they are away from home and this is a taste of home," J.R. replied when asked how this tour was different from others, "We have super high appreciation for what they (soldiers) are doing, especially in a country where you volunteer to join, and in a period when the military must be used. We appreciate the sacrifice."

As the group continues to tour the European Theater they are also preparing for the July 27<sup>th</sup> release of the live album, Greetings from the Flow State. For fans of Dishwalla, keep a look out for the next release which the entire band jokes will be an album of "booty call music", possibly titled "Das Booty" - with this band the humor and surprises just keep on rolling.

# This Week on...

Sat. Jun 7 - WWE Raw!

AFN Atlantic 1:00 PM

Sun. Jun 8 - Horse Racing: Belmont Stakes

AFN Sports 11:30 AM

Tue. Jun 10 - Movie: Red Planet

AFN Atlantic 8:00 PM

Wed. Jun11 - The Bernie Mac Show

AFN Atlantic 7:30 PM

Fri. Jun 13 - The Simpsons

AFN Atlantic 7:00 PM

A "SAILOR'S VIEW" WITH THE NASSIG CMDCM AT 7 AM TUESDAY ON 106.0 ZFM

WATCH SIG NEWS ON AFN ATLANTIC WEEKDAYS (EXCEPT THURS.) 12:23, 6:54, AND 10:24 PM

afneurope.net/sigonella

### Fri. June 6

Adults only Catania by night with ITT. After admiring the magnificent monuments in Catania, have dinner at the Casablanca Arabic restaurant. Call ITT at x4396/x4777 for more information.

### Sat. June 7

Visit Principe di Corleone, the town famous for its wine and the movie "The Godfather." Afterwards, and have lunch at a local agriturismo farm. Call ITT at x4396/x4777 for more information.

Visit Castelmola, perched above Taormina, to see a live falcon show at the castle featuring trained falcons and eagles. Later, stroll the Giardini Naxos beach area. Call ITT at x4396/x4777 for more information.

### Sun. June 8

Visit a honey farm in St. Alfio, and Castagno dei 100 Cavalli, the largest chestnut tree in Europe. Call ITT at x4396/x4777 for more information.

Explore Siracusa, the oldest town in Sicily with ITT. Visit the Castello Eurialo and Museum Paolo Orsi. Afterwards, relax on the white sands of Fontane Bianche Beach. Call ITT at x4396/x4777 for more info.

### Mon. June 9

Enter to win a free pre-paid calling card from June 9 to June 13 at Take 5. For more information on Take 5 events and services, call x5602.

### Tues. June 10

Join Liberty for some Lebanese dine-out, and they will pay for up to €10 of your meal. Sign up and pay by 6 p.m., Monday, June 9, at Take 5.

### Weds. June 11

Join Liberty for some exciting Spades action at 4:30 p.m. at Take 5. Free to play.

### Thurs. June 12

Get your free peanut butter cookies all day while supplies last at Take 5 in honor of National Peanut Butter Cookie Day. For more information on Take 5 events and services, call x5602.

Get your grub on with Adventures Unlimited as they travel for Mexican dine-out. Call x4271/x3718 for more information.

\*\*\* Future Re-release \*\*Sneak Preview \*Last Showing  
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at